



Staying Healthy through Education and Prevention (STEP) is an evidence-based 9-week exercise program focusing on walking and strength training for seniors.

Why can attending STEP classes be beneficial?

Seniors can gain health benefits by participating in at least 30 minutes of a moderate-intensity physical activity each day.



**** As always, you should check with your physician before you begin any diet or exercise program.***

Join other older adults in our In-Person Staying Healthy Through Education and Prevention (STEP) classes, it's as Easy as 1-2-3!

1. For In-Person classes, find locations, dates, and times on the [schedule of STEP classes \(click here!\)](#)
2. Contact our Health Education Assistant Mary Barrios at 661-868-1065 or via email at barriosm@kerncounty.com to enroll
3. **Enjoy learning and having fun with other Older Adults at our energizing and motivational STEP classes!**



Why is the STEP Program different?

- ➔ STEP provides a welcoming environment
- ➔ STEP promotes positive group dynamics
- ➔ STEP emphasizes safety through body awareness, social support, goal setting, and exercise principles.
- ➔ “Do what you think is right for you!”

** As always, you should check with your physician before you begin any diet or exercise program.*





The purpose or the STEP Program

- ➔ Seniors learn that it is important to be active and eat healthy at every age
- ➔ Fosters excitement about physical activity, and to progressively increase the confidence of seniors in their ability to resume or begin a physically active lifestyle





Benefits of the STEP Program

- ➔ May improve mental health and cognitive function
- ➔ May increase health and quality of life through the following exercise types
 - *Aerobic exercises: build endurance and cardiovascular health
 - *Strength exercises: build and maintain muscle mass for denser, stronger bones
 - *Balance exercises: improved balance, flexibility, and coordination





STEP Program Goals

- ➔ Enhance overall health and prevent physical decline
- ➔ Build and maintain a physical activity routine of walking about 150 minutes a week
- ➔ Learn strength and balance exercises to help improve balance and coordination
- ➔ Learn new positive skills to help overcome barriers to our physical activity routines





Behavioral Coaching Sessions

- ➔ Behavioral coaching sessions explore topics to help seniors overcome barriers that make physical activity difficult
- ➔ Topics of discussion include
 - *Types of physical limitation
 - *Self-awareness of daily physical activity
 - *Barriers to physical activity
 - *Social support and motivation





Let's Workout with the STEP Program!



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June 2024 Kern County Aging & Adult Services Staying Healthy Through Education and Prevention (STEP)Classes

* New locations and classes added! Classes are In-Person! as Indicated Below*

**Las clases que se encuentran a continuación se imparten en español.
Para atender una clase, por favor llame Asistentes de Salud Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Mayra Figueroa 661-868-1098, Theresa Martinez 868-1080, o Jenny Villatoro 661-868-0889.
The classes in the following section are delivered in Spanish**

Staying Healthy Through Education and Prevention

Date	Class	Time	Participant Group
6/5/24	Staying Healthy Through Education Spanish	10:30 AM to 11:30 AM	Shafter Senior Center Shafter Senior Center , 505 Sunset Ave., Shafter, 93263 In Person Class
Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com			
6/12/24	Staying Healthy Through Education Spanish	10:30 AM to 11:30 AM	Shafter Senior Center Shafter Senior Center , 505 Sunset Ave., Shafter, 93263 In Person Class
Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com			
6/18/24	Staying Healthy Through Education Spanish	10:30 AM to 11:30 AM	Shafter Senior Center Shafter Senior Center , 505 Sunset Ave., Shafter, 93263 In Person Class
Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com			
6/18/24	Staying Healthy Through Education Spanish	10:30 AM to 11:30 AM	Shafter Senior Center Shafter Senior Center , 505 Sunset Ave., Shafter, 93263 In Person Class
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Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>

6/19/24 Staying Healthy Through Education Spanish 10:30 AM to 11:30 AM Shafter Senior Center

[Shafter Senior Center , 505 Sunset Ave., Shafter, 93263](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com

6/25/24 Staying Healthy Through Education Spanish 10:30 AM to 11:30 AM Shafter Senior Center

[Shafter Senior Center , 505 Sunset Ave., Shafter, 93263](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com

6/26/24 Staying Healthy Through Education Spanish 10:30 AM to 11:30 AM Shafter Senior Center

[Shafter Senior Center , 505 Sunset Ave., Shafter, 93263](#)

In Person Class

Para obtener ayuda, envíe un correo electrónico a: villatoroj@kerncounty.com

The CalFresh Healthy Living Programs are presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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